



LAKE-GROWN
TILAPIA



FROZEN TILAPIA

THE WORLD'S FINEST TILAPIA: PREMIUM QUALITY, PERFECTED

- 100% ALL-NATURAL, RAISED IN PRISTINE DEEP-WATER LAKES
- HIGHLY NUTRITIOUS, LOW FAT AND HIGH PROTEIN
- PREMIUM QUALITY, EXCEPTIONAL FLAVOR
- SUSTAINABLE AND TRACEABLE
- NO ANTIBIOTICS AND CHEMICAL-FREE
- SOCIALLY AND ENVIRONMENTALLY RESPONSIBLE

Regal Springs is world-renowned for our 100% natural premium tilapia produced in pristine deep-water lakes in Mexico, Honduras and Indonesia. Raised in large pens with floating feeds of only the highest-quality vegetable-based diet, Regal Springs Tilapia are unsurpassed for their nutritional value and quality. With social projects ranging from healthcare to education, we invest millions of dollars each year to support and improve the lives of employees and their communities.



CONTACT US FOR A DISTRIBUTOR NEAR YOU
954.283.9035 OR Sales@RegalSprings.com

SETTING STANDARDS, EXCEEDING EXPECTATIONS



BENEFITS FOR GROCERY

- Premium quality and flavor in convenient packaging
- A high-protein, mercury- and gluten-free low-cost solution for shoppers
- Available in bulk packages, fillet case packs or an attractive 14-oz. retail-ready bag

BENEFITS FOR FOODSERVICE

- Our tilapia make an appealing center-of-the-plate presentation
- May be baked, broiled, sautéed, grilled or breaded—and deliciously complement most sauces and side dishes
- Can be grilled or battered and fried in minutes, making them ideal for fish tacos, appetizers, lunch plates and dinner entrée proteins

Nutrition Facts

Serving Size: 113g

Amount per Serving

Calories: 90 Cal from Fat: 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 45mg **16%**

Sodium 35mg **1%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 21g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 2%

Potassium 10%

*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

ITEM #	ITEM DESCRIPTION	GFS ITEM CODE
30110	3 oz Frozen Tilapia IQF DS Fillet 10#	639480
35110	3-5 oz Frozen Tilapia IQF DS Fillet 10#	202850
57110	5-7 oz Frozen Tilapia IQF NDS Fillet 10#	493682
79110	7-9 oz Frozen Tilapia IQF NDS Fillet 10#	354180
57012	5-7 oz Frozen Tilapia IQF NDS Fillet 4/3# Bags 12#	493682
34010	3-4 oz Frozen Tilapia IQF DS Loin 10#	902325



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